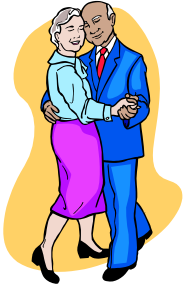


The Wolverhampton Falls Prevention Service

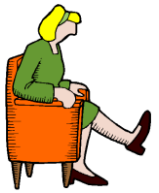
Who we are and what we offer



Take regular exercise



Use appropriate walking equipment



Ensure good fitting clothes and shoes



Ensure you eat a balanced diet



Ensure you drink enough

Falls are a common and serious problem. In fact, if you are over 65 years old, you run a 1 in 3 chance of falling during the next year. Falls can reduce your confidence and independence. There are a variety of causes, many of which can be removed or reduced.

The Falls Prevention Service is a multi-disciplinary team with nearly 15 years of experience and expertise in reducing an older person's risk of falling. We are based at West Park Hospital but only see people living at home aged 60 and over. Anyone can refer to our service; you do not need to contact your GP first. Our challenge is to support you to maintain your quality of life, thus enabling you to enjoy independence and dignity in your own home.

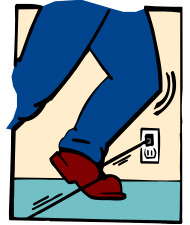
Upon referral to the service, we will send out an acknowledgement letter and general information on falls prevention and our service. Usually, we will then ring you to arrange a home assessment. The assessment will take about an hour. The assessment covers

- Details of falls
- Balance and mobility
- Home hazards
- Activities of daily living
- Fracture risk assessment

We will then offer exercises to do at home, specifically designed to improve your balance and mobility and invite you to attend our 'Balanced for life' education and gentle exercise class (if appropriate). This is a five week programme, for two hours a week, with transport and covers a number of falls related topics. Refreshments are provided. Upon completion, a 12 week exercise class may be offered. These classes are more challenging, further improving strength and balance and thus reducing the risk of falling.

We are also able to refer to other services including the falls clinic (falls due to medical problems) and vestibular clinic (falls due to dizziness).

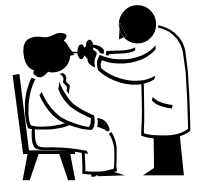
**Contact the Wolverhampton Falls Prevention Service
Tel: 01902 444502 for more information or to refer.**



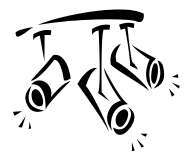
Remove hazards around the home



Take care with pets



Have regular eyetests



Ensure good lighting



Ensure you take medication as prescribed